

CLAIMS:

1. A preparation containing a combination of flavonoid and procyanidin capable of reducing appetite for use in method for the treatment and/or prevention of overweight in a mammal, said method comprising administering to the mammal:
 - a. a. between 0.01 mg and 250 mg flavonoid per kg body weight of the mammal, said flavonoid being selected from the group consisting of chrysin, flavone, precursors of these flavonoids that are convertible into the one of these flavonoids by gastrointestinal hydrolytic cleavage and mixtures thereof; and
 - b. between 0.1 and 100 mg procyanidin per kg body weight of the mammal.
2. A preparation containing a combination of flavonoid and procyanidin capable of reducing appetite for use in a method for the reduction of appetite in a mammal, said method comprising administering to the mammal:
 - a. a. between 0.01 mg and 250 mg flavonoid per kg body weight of the mammal, said flavonoid being selected from the group consisting of chrysin, flavone, precursors of these flavonoids that are convertible into the one of these flavonoids by gastrointestinal hydrolytic cleavage and mixtures thereof; and
 - b. between 0.1 and 100 mg procyanidin per kg body weight of the mammal..
3. The preparation according to claim 1 or 2, wherein the flavonoid is chrysin.
4. The preparation according to any one of the preceding claims, wherein the method comprises the administration of a dosage containing a combination of the flavonoid and procyanidin.
5. The preparation according to claim 4, wherein the dosage contains at least 1 wt.% of the flavonoid based on the total dry weight of the dosage.
6. The preparation according to claim 4, wherein the dosage contains at least 1 wt.% of procyanidin based on the total dry weight of the dosage.

7. The preparation according to any one of the preceding claims, wherein the flavonoid and procyanidin are administered orally.
- 5 8. The preparation according to any one of the preceding claims, further comprising a thermogenic ingredient.
9. The preparation according claim 8, wherein the thermogenic ingredient is caffeine.
- 10 10. The preparation according to any one of the preceding claims, further comprising between 0.5 mg and 100 mg fiber per kg of body weight of the mammal.
11. A nutritional composition suitable for enteral administration comprising per dosage:
 - a. between 5 mg and 10 grams of a flavonoid selected from the group consisting of chrysin, flavone, precursors of these flavonoids that are convertible into the one of these flavonoids by gastrointestinal hydrolytic cleavage and mixtures thereof; and
 - b. between 10 mg and 12.5 g procyanidin.
- 20 12. The nutritional composition according to claim 11, wherein the flavonoid component is chrysin.
13. The nutritional composition according to claims 11 or 12, further comprising a thermogenic ingredient.
- 25 14. The nutritional composition according to claim 13, wherein the thermogenic ingredient is caffeine.
15. Article of manufacture comprising a packaging with one or more of the dosages according to any one of claims 11-14, in which said article bears a label indicating the contents should be consumed by a human desiring to lose weight.